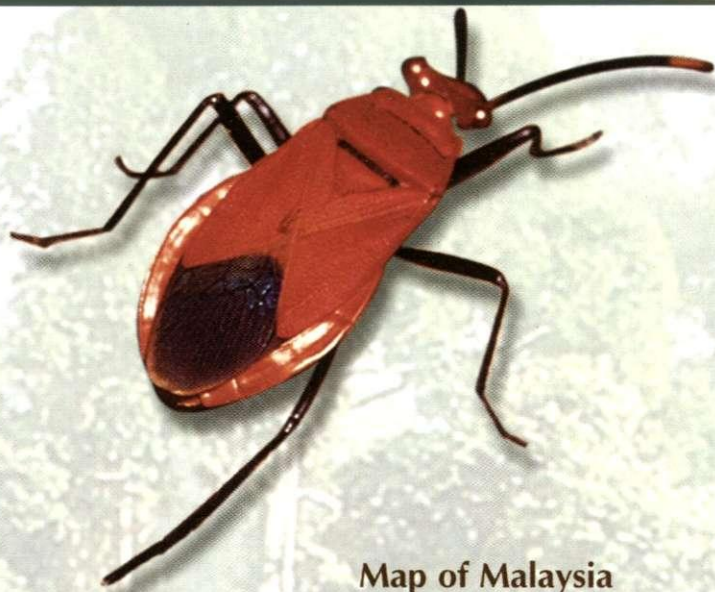




MALAYSIA

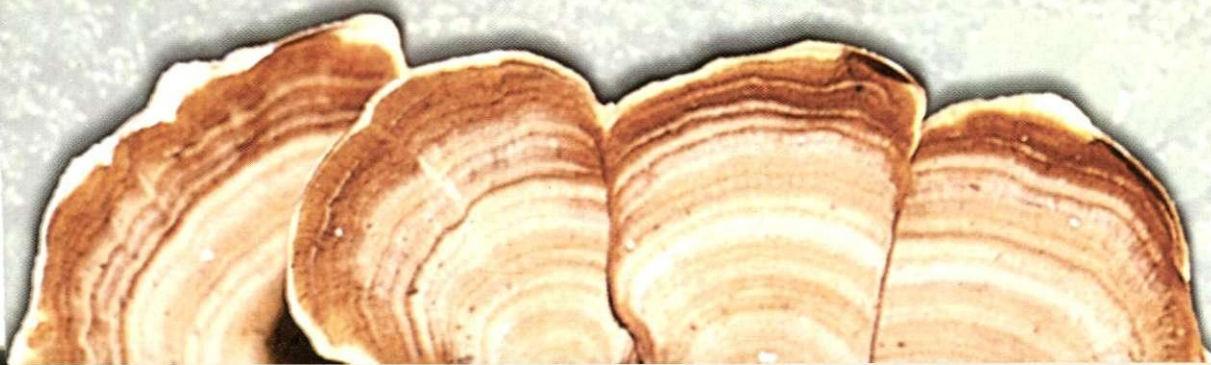
Adventures WITH *Nature*





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IA

IT

Y S I A



P. Layang - Layang

P. Palambangan P. Banggi

P. Malawali

P. Mantanani Besar

P. Jambangan

Tunku Abdul Rahman Park

KOTA KINABALU

G. Kinabalu 4093 m

Kinabalu National Park

Teluk Labuk

P. Lingkabo

P. Kanawi

Sepilok

Sandakan

Gomantong Caves

S. Segama

Lahat Datu

P. Sakar

P. Tabawan

P. Timban Mata

P. Gaya

Semporna

P. Mabul

P. S. padan

SULU SEA

CELEBES SEA

LABUAN

Beaufort

Tambunan

Keningau

Tenom

Lawas

Long Pasia

Long Semado

Mulu National Park

G. Murud 2422 m

Long Seridan

Bareo

Batang Barany

Bintulu

Similajau National Park

SARAWAK

Belaga

Batang Belaga

K. Rajang

Sibu

Batang Rajang

Kapit

Bandar Sri Aman

Batang Ai National Park

Kuching

Gunung Gading National Park

Kubah National Park

Santubong

Bako National Park

Tg. Datu National Park

Indonesia



Haven for adventure and nature lovers

Centuries ago merchant seamen following the tradewinds discovered Malaysia. Captivated by its natural beauty and tropical bounty many returned again and again, some even choosing to make the idyll paradise of these shores home.

Today, Malaysia is a haven for adventure and nature lovers. Easy accessibility, the warm tropical climate, on-going conservation

efforts and many beautiful nature spots all contribute to making Malaysia a premier eco-tourism destination.

Almost three-fifths of Malaysia's 330,433 sq. km land mass is covered by tropical rainforests which are home to a variety of exotic, rare and protected flora and fauna. Cascading waterfalls, rapid rivers, serene lakes, craggy mountains, secret caves, bountiful seas, kaleidoscopic coral reefs and scenic islands all offer something for

each individual. Challenging jungle treks, leisurely swims, the adrenaline-pumping thrill of whitewater rafting or a quiet communion with nature are among the wide range of activities that can be enjoyed in Malaysia's fascinating outdoor environment.

The magical islands of Langkawi, Payar and Pangkor surrounded by the warm waters of the Straits of Melaka offer excellent diving opportunities all-year round. Off the eastern coast in the South China Sea, the paradise islands of Perhentian, Redang, Tenggol, Kapas, Tioman, Rawa, Sibul, Tinggi and Besar are renowned for their

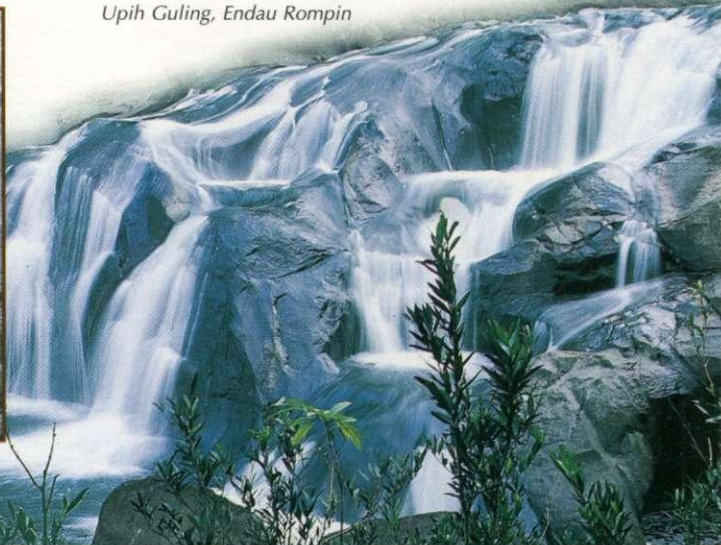


A colourful denizen of the deep



The challenge of whitewater rafting

Upih Guling, Endau Rompin





Lush greenery in Endau Rompin

marine diversity and clear waters. The dive sites off Sabah in Borneo are equally lovely; the most prominent being the islands of the Tuanku Abdul Rahman National Park, the Layang-Layang atoll and Pulau Mabul. For wreck diving, the island of Labuan, off Sabah's south-western coast, boasts of some of the region's most fabulous sites. Most of the dive sites in Malaysia are found within its marine parks which serve as sanctuaries for the protection and preservation of the fragile marine eco-systems with their wealth of marine life and vegetation.



The Atlas Moth



Suspension bridge at Tamparuli, Sabah

Freshwater or inland fishing is an activity gaining in popularity. Tasik Kenyir, Tasek Bera, Tasik Chini and Tasik Dampar, and the Sembrong Reservoir in Peninsular Malaysia are home to species like *belida*, *toman*, grass carp and tinfoil barb which await the avid angler's hooks.

The country's many rivers and streams also teem with many species of fresh-water fish.

The waters off the east coast and Sabah and Sarawak also beckon the deep sea or game fishing enthusiast.

For those with a yen for speed, white water rafting in Sabah offers a truly exhilarating ride down swift rivers. Those seeking higher altitudes will enjoy the mountain climbing challenge of Gunung Kinabalu.

The more introspective visitor may prefer time alone with nature and activities such as bird watching, camping and cave exploring are satisfying ways to get to enjoy nature.

GETTING THERE

With the numerous points of entry into Malaysia by land, air and sea, getting to your ultimate destination will be relatively easy. Domestic air fares are reasonable though those with time to spare may prefer to travel overland by train, bus, car or a combination of these in order to experience more of the country.



Cup Fungi

Mountain Climbing

INTRODUCTION

Mountain climbing is a wonderful way to discover the diversity and uniqueness of Malaysia's natural landscape ranging from the dense tropical rainforest in the low lands to the montaine vegetation in the upper elevations.

From easy walks in the cool comfort of the Main Range of Peninsular Malaysia to the more challenging mountains of Sabah and Sarawak, there are mountains to tempt every level of climber.

MOUNTAINS IN PENINSULAR MALAYSIA

Beginners can start with the well-

marked trails and friendly atmosphere of popular locations such as Gunung Jerai in Kedah, Gunung Korbu in Perak and Gunung Tangsi in Negeri Sembilan where most outings take two to three hours to complete.

For those wanting more than a weekend adventure, choose a summit that requires a journey through the wilderness first. One can ascend Gunung Gagau in Taman Negara in a day's climb, but to reach the base of the mountain you need to travel by river for two days.



Mountain climbing is a challenging hobby



MOUNTAIN CLIMBING SITES

Gunung Jerai	1217m	Kedah
Gunung Korbu	2183m	Perak
Gunung Tangsi	2707m	Negeri Sembilan
Gunung Ledang	1276m	Johor
Gunung Tahan	2187m	Taman Negara, Pahang
Gunung Gagau	1376m	Taman Negara, Pahang
Gunung Brinchang	2032m	Cameron Highlands, Pahang
Gunung Beremban	1840m	Cameron Highlands, Pahang
Gunung Jasar	1696m	Cameron Highlands, Pahang
Gunung Perдах	1529m	Cameron Highlands, Pahang
Gunung Kinabalu	4093m	Kinabalu Park, Sabah
Gunung Tambuyukon	2580m	Kinabalu Park, Sabah
Gunung Trusmadi	2643m	Sabah
Gunung Silam	883m	Lahad Datu, Sabah
Gunung Lotong	1667m	Maliau Basin, Sabah
Gunung Penrissen	1329m	Sarawak
Tama Abu	2113m	Kelabit Highlands, Sarawak
Bukit Batu Buli	2082m	Kelabit Highlands, Sarawak
Bukit Batu Lawi	2046m	Kelabit Highlands, Sarawak
Bukit Batu	2092m	Hose Mountains, Sarawak
Bukit Batu Iran	2018m	Sarawak
Gunung Mulu	2376m	Sarawak
Gunung Santubong	810m	Sarawak

For a more challenging climb, head to Gunung Tahan, the highest point in Peninsular Malaysia. The 130 kilometre return journey takes up to 9 days and traverses over rainforests, rivers and mountain ridges. An experienced guide is required.

MOUNTAINS IN SABAH AND SARAWAK

Gunung Kinabalu, one of the highest mountains in Southeast Asia at 4093m is located in Kinabalu Park, Sabah. It is accessible to all trekkers. The Summit Trail leading to Low's Peak is equipped with clear paths and ropes to climb steep rocky sections. Exotic plant life such as the Necklace Orchid can be seen on the climb.

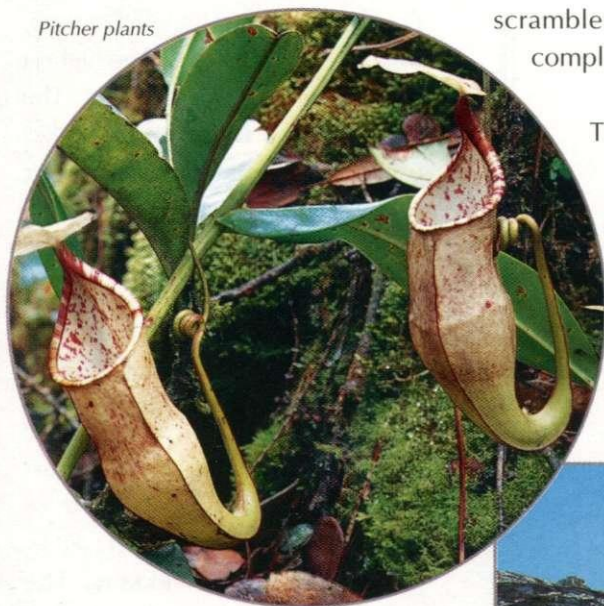


Necklace Orchid



A panoramic view of Gunung Kinabalu from Kundasang

Pitcher plants



scramble to the top can be completed in a day or two.

The long uphill walk to the sandstone summit of Gunung Mulu takes four days and passes through primary jungle, swampy patches and clumps of colourful rhododendrons before

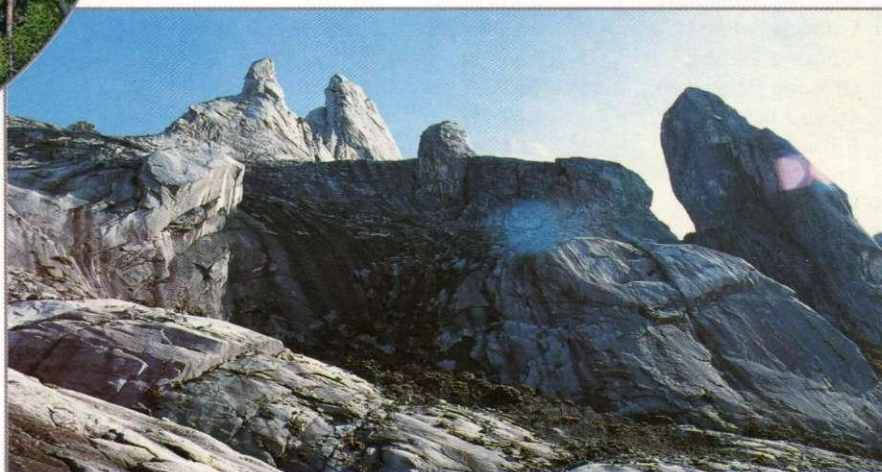
current information. Some of the more remote sites may even require special permits from the authorities.

Unless the trail is well marked, hire a guide to show the way. Besides guiding you to the best campsites and rest spots along the trail, local guides know the natural history and folklore of the area and are

Gunung Trusmadi is reached by a difficult week long climb through mossy forest, steep hills and rain swollen rivers. Upon reaching the summit, you will be rewarded with one of the best views of Gunung Kinabalu and a chance to see the remarkably large and rare pitcher plants only found on the ridges of Trusmadi.

Other mountains can be climbed in two days as long as you are fit enough to tackle the steep terrain. Gunung Santubong is one of the most popular mountains in Sarawak with its spectacular view of Kuching.

Guides will be needed on the tough trek to Sarawak's Gunung Penrissen. The 1329 metre vertical



Awe – inspiring mountain ranges

the white clouds disperse to reveal the massive limestone outcropping of Gunung Api just across the valley.

MOUNTAIN CLIMBING TIPS

Although many mountains, especially those located in the national parks, have overnight camping facilities and provide some equipment for rental, it is always wise to plan ahead and make a few enquiries for bookings, weather conditions and other

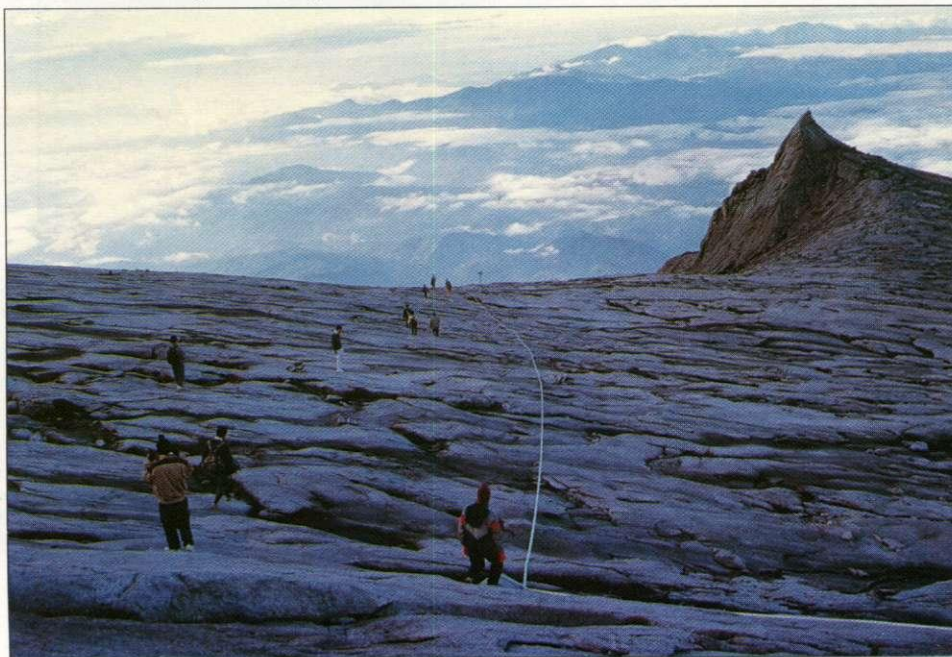
invaluable when plans change and alternative routes need to be taken.

The exertion of carrying a heavy pack is compounded by the altitude, so it is always best to choose to climb mountains within your ability. Do not overload yourself with camping equipment. As a rough guide, the weight of your pack should not be more than a quarter of your body weight and the lighter the better for expeditions of more than ten days.

CLOTHING AND EQUIPMENT

- Comfortable long – sleeved shirts and pants for protection from leech bites, abrasions and the elements.
- A hat with a wide brim.
- A pair of gloves and a balaclava will help protect you from cold summit winds.
- A poncho or rain cape
- Wear lightweight jungle boots with good ankle supports and a deep – ridged sole and wear two pairs of socks to prevent blisters.
- A comfortable rucksack with padded shoulder straps, hip belt and internal frame is a must.
- A compass will be handy for navigating jungle trails.
- A whistle is a useful tool for attracting attention and signalling others.
- A basic first aid kit for the treatment of abrasions, insect bites and small wounds.
- Extra batteries for your torchlight, candles and matches.

Seek out the challenge of Gunung Kinabalu, Sabah



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Jungle Trekking

INTRODUCTION

A land of spectacular vistas, undulating terrain and ancient rain forests, Malaysia offers unlimited opportunities for a trekker. The wilds of the country's extensive national parks and wildlife reserves presents an opportunity to rediscover the allure of nature.

From the freshwater swamp forests of the Kinabatangan floodplain where Proboscis monkeys squat in treetops munching leaves, to the undisturbed dipterocarp rainforests of Taman Negara, one of Asia's

finest conservation areas, trekking in Malaysia is a rich and rewarding experience.

Seasoned trekkers may want to try the rigorous seven-day trek to the summit of Gunung Tahan in Taman Negara, Pahang. Novice trekkers can practise at Forest Reserve Institute of Malaysia (FRIM) in Kepong, Kuala Lumpur. The Malaysia Agriculture Park at Taman Bukit Cahaya in Shah Alam, Selangor or Air Keroh Recreational Forest in Melaka.



Discover the attractions of the jungle while trekking



Well known trekking sites in Sarawak include Niah National Park, Mulu National Park and Lambir National Park. In Sabah, the Kinabalu National Park and Danum Valley are good trekking destinations.

DIVERSITY OF TERRAIN

Undulating hills matted with dense vegetation, gushing rivers, steep forested slopes and muddy trails are just a few examples of the varied terrain encountered when trekking in Malaysia's diverse tropical habitats.

Learn how to trap water in bamboo

Blanketing the landscape, there are several major types of rainforests to explore, each with their own unique characteristics and wildlife.

Acting as a buffer between land and sea, mangrove forests prevent coastal erosion and are vital as feeding and breeding grounds for fisheries. In Kuala Selangor Nature Park and other mangrove sites, where fiddler crabs dart into muddy holes to avoid hungry

monkeys, boardwalks snake through the forest to make trekking easier.

A prominent feature of both Peninsular Malaysia and East Malaysian hillsides, dipterocarp forests are one of nature's most complex and diverse ecosystems. Hundreds of plant species including climbing vines and palms can be seen in a dazzling array of forms and functions. Large buttressed roots

SITES FOR JUNGLE TREKKING

Kuala Selangor Nature Park	Selangor	Mangrove forest
Templer's Park	Selangor	Montane forest
Ulu Bendol	Negeri Sembilan	Montane forest
Endau Rompin	Johor	Lowland rainforest
Gunung Ledang	Johor	Highland rainforest
Cameron Highlands	Pahang	Highland and montane rainforest
Taman Negara	Pahang	Lowland and hill rainforest
Tasik Chini	Pahang	Freshwater swamp forest
Tasek Bera	Pahang	Freshwater swamp forest
Genting Highlands	Pahang	Highland rainforest
Fraser's Hill	Pahang	Highland rainforest
Tasik Kenyir	Terengganu	Freshwater swamp forest
Danum Valley	Sabah	Highland and montane forest
Kinabalu National Park	Sabah	Highland and montane forest
Kinabatangan Floodplain	Sabah	Freshwater swamp forest
Gunung Emas	Sabah	Highland rainforest
Bako National Park	Sarawak	Mangrove forest
Lambir National Park	Sarawak	Lowland rainforest
Mulu National Park	Sarawak	Hill rainforest and limestone pinnacles
Niah National Park	Sarawak	Lowland rainforest

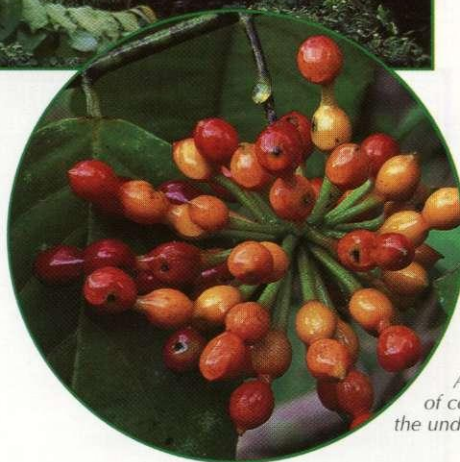


Canopy walkways offer great views of the rainforest

provide stability for many rainforest trees while the tips of some leaves aid water dripping.

Montane forests are a cooler alternative for trekking than the dipterocarp forests and come with their own attractions and indigeneous plant and animal life.

Jungle trekking can take an hour or two or as many days as you wish. The choice is up to the nature adventurer. The best time to trek in Peninsular Malaysia is during the dry season in March to October when rainfall is sparse and does not hinder exploration. The wet season in Sabah and Sarawak is from July to October.



A splash of colour in the underbrush

SIGHTS AND SOUNDS OF THE FOREST

The wilds of Malaysia are full of fascinating animals and amazing plants that take advantage of the competitive conditions of the rainforest. Rainforest wildlife conceal or camouflage themselves to avoid predators and to survive but towered hides and canopy walks aid those searching for a glimpse of the inhabitants.

Endau-Rompin in Johor is an unique collection of lowland and montane rain forest which is home to the largest population of endangered animals in the country. The Sumatran rhinoceros, tigers and elephants are among the protected species in Endau-Rompin.



One of the varieties of fungi

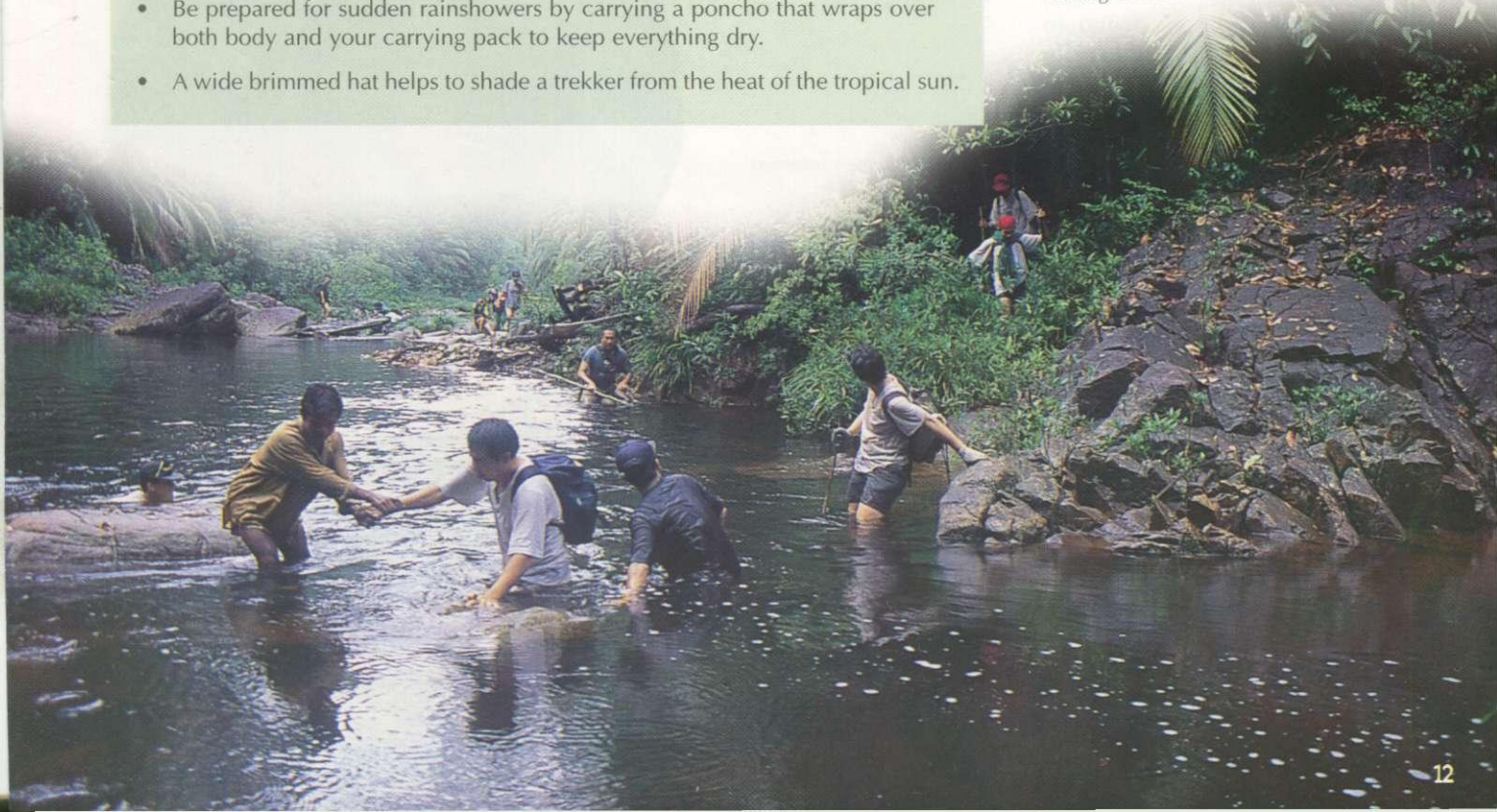
JUNGLE TREKKING TIPS

- When choosing a trail, be sure that you have enough time to complete the entire route before darkness falls. Do not stray off the path to chase after animals.
- Use good judgement regarding the fitness level required for the trek and know your physical limits.
- Always inform the park officials or let someone know of your plans and destination for the day, especially if going alone.
- Take plenty of water and pack a few easy to eat snacks to keep energy level up. Unless trekking with a local guide, it is not advisable to eat jungle fruits or drink from rivers and streams.
- In the highlands try to trek on the ridgetops to save energy traversing the steep slopes and catch a cool breeze.
- Be as quiet as possible to avoid scaring any wildlife. Getting an early start during the dawn provides the best chance to sight animals seeking food and the warmth of the early morning sun.
- Wear thin, loose, preferably cotton clothing to remain comfortable.
- Cover arms and legs with long trousers and long – sleeved shirts to ward off mosquitoes and to provide protection against thorny plants.
- Wear leech socks or long socks to prevent leeches from finding an entry way.
- Choose sturdy footwear with proper ankle support and good traction.
- Be prepared for sudden rainshowers by carrying a poncho that wraps over both body and your carrying pack to keep everything dry.
- A wide brimmed hat helps to shade a trekker from the heat of the tropical sun.

Taman Negara in Pahang has many trails of which the Mat Kilau trail is the most popular due to the sightings of Fishing Eagles, gibbons, pheasants and tapir.

A visit to the jungle requires the full use of one's senses to discover all the creatures of the forest. Take time to spot the many insects and butterflies flitting about in the forests of Peninsular Malaysia. Marvel at the membrane wings of the Flying Lemur gliding tree from tree in Endau Rompin. Listen to the swooshing wingbeats of colourful hornbills or the call of gibbons echoing at dawn in Danum Valley in Sabah.

Fording a river



From fungi to orchids, thousands of rainforest plants climb up, drape over or join together to form a vibrant and interconnected habitat. The observant trekker will notice how a strangler fig slowly surrounds and kills the host tree, leaving nothing but a hollow centre in its place.

CAMPING

National Parks in Malaysia provide many jungle camping sites. There are also many mountain and beach sites which are suited for camping. In picking your camp site, always take into consideration the weather conditions and the types of camping equipment you will need.

The rainy season during December to February renders some camp sites along the river trails of Taman Negara inaccessible. Always check with the relevant Park authorities before hand.

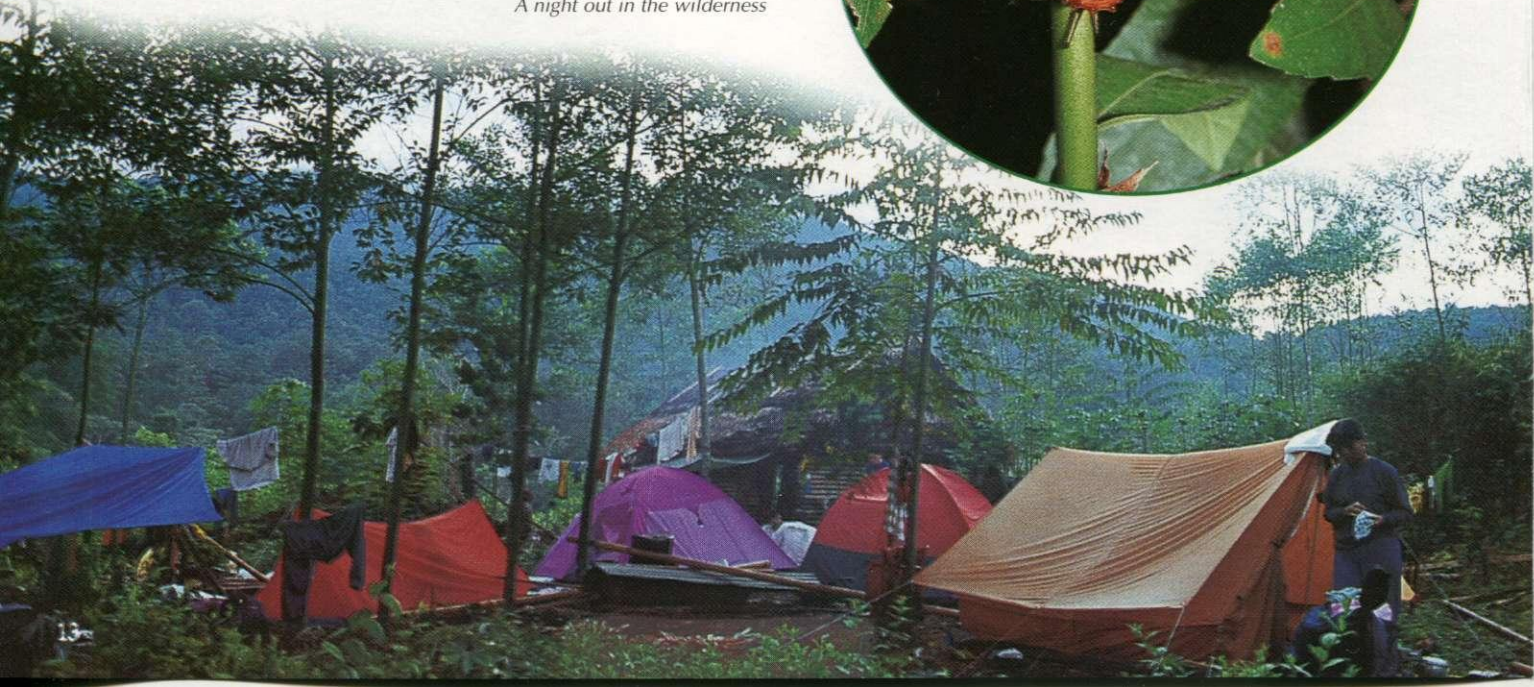
CAMPING SITES

Gunung Jerai	Kedah
Pulau Payar Marine Park	Kedah
Gunung Korbu	Perak
Port Dickson	Negeri Sembilan
Mersing Marine Park	Johor
Endau-Rompin	Johor
Redang Marine Park	Terengganu
Taman Negara	Pahang
Kenong Rimba Park	Pahang
Gunung Tahan	Pahang
Gunung Tangga Lima Belas	Pahang
Tioman Marine Park	Pahang
Cherating	Pahang
Gunung Tapis	Pahang
Gunung Alab	Sabah
Tuan Ku Abdul Rahman National Park	Sabah
Mulu National Park (Lowland and hill forest)	Sarawak
Lambir Hills Park (Lowland and hill forest)	Sarawak
Gunung Mulu	Sarawak

*Look closely to discover
the insect world*



A night out in the wilderness



The lower altitudes of primary jungle like Taman Negara, Kenong Rimba Park in Pahang; Endau Rompin in Johor; Mulu and Lambir National Parks in Sarawak are humid, so your choice of tents should allow for good ventilation. Enclosed nylon tents with sewn-in groundsheet are not recommended as they tend to condense air on the inside. Cotton tents get heavy after absorbing water.

When camping on high altitude locations such as Gunung Jerai in Kedah; Gunung Korbu in Perak; Gunung Tapis and Gunung Tahan in Pahang, choose a site sheltered from the wind and avoid the higher peaks when thunderstorms occur. A self-contained tent with aluminium poles and stakes is best for mountain camping.

PRACTICAL CAMPING TIPS

Whether camping in the damp rainforests, on sunny beaches or atop mountain peaks, there are a few easy environmental tips to keep in mind to protect and preserve Malaysia's camp sites.

- Always choose a clear camping site free of debris and away from rotting trees.
- Never cut down vegetation in order to make way for a camp site.
- Whenever possible, try to avoid overusing popular camping areas and select an alternative location in order to minimise soil compaction.
- Bring along reusable plastic cups and plates.
- Minimise the use of detergents for washing and bathing and be sure to do this downstream from water collection areas.
- Pit latrines are to be dug well away from any water sources and the camp site. It is to be filled in before you leave the area.
- Rubbish is to be collected and carried away when you leave, not simply buried.



Jungle camping calls for a different approach

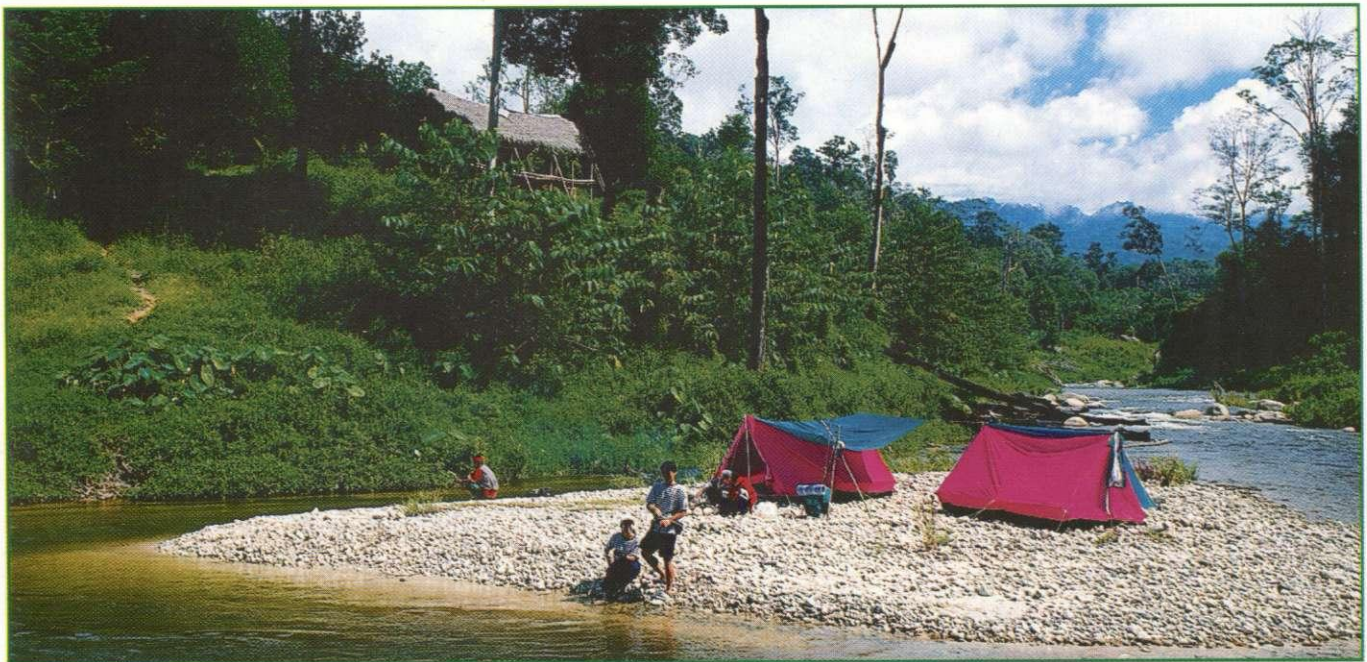


Nature at its most refreshing

Only a basic set up is needed when camping on the beaches of the marine parks in the country which includes Pulau Payar in Kedah; Port Dickson, Negeri Sembilan; Pulau Redang, Terengganu; Pulau Tioman and Cherating in Pahang and Tuanku Abdul Rahman Park in Sabah. A hammock or sleeping bag will do very well.

Although most of the national parks and private tourist facilities furnish and rent out camping gear, it may be wiser to bring along basic camping necessities.

Remember to check on restrictions which may apply due to ecological or other reasons. If unsure, contact the Park authorities.



Group camping is fun and exciting

CONTACTS

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Bird Watching

INTRODUCTION

From moss covered mountain ranges to muddy mangroves, the Malaysian landscape teems with hundreds of birds which thrive in the tropical environment. With over 600 species inhabiting the peninsula and some 580 species in Borneo, it is easy to understand why bird watchers are drawn to Malaysia. Due to the diversity of habitats, there are many places with abundant birdlife to choose from. An activity for the family or small groups, bird watching is

made more interactive with more eyes to peer into thick brush or scan the skies as well as by sharing the different markings of the birds seen by fellow participants.

HABITATS

Malaysia is separated into two main birding regions – Peninsular Malaysia, and the states of Sabah and Sarawak on the island of Borneo. Many birds are common to both geographic areas though some species, known as endemics, are unique to a certain location,



Blue Tailed Bee Eater



BIRD WATCHING SITES

• Bukit Larut (Maxwell Hill)	Perak	Montane forest
• Kuala Gula Bird Sanctuary	Perak	Mangrove forest
• Kuala Selangor Nature Park	Selangor	Mangrove forest
• Cameron Highlands	Pahang	Montane forest
• Genting Highlands	Pahang	Montane forest
• Taman Negara	Pahang	Lowland rainforest
• Fraser's Hill	Pahang	Montane forest
• Kinabalu Park	Sabah	Montane forest
• Kota Belud Bird Sanctuary	Sabah	Lowland rainforest
• Danum Valley	Sabah	Lowland rainforest
• Bako National Park	Sarawak	Lowland rainforest
• Gunung Mulu National Park	Sarawak	Montane forest

Sunbird



Observation post



such as the Malayan Whistling Thrush in the peninsula and the Bornean Blue Flycatcher and Yellow-rumped Flowerpecker in Sabah.

Underscoring the importance of forests, birding activities are concentrated in three distinctive habitat types – montane forests, lowland rainforests and mangroves. Montane forests generally occur above an elevation of 900 metres, where species such as the Mountain Peacock-Pheasant and Mountain Blackeye thrive, in the cool damp climates and stunted trees of these high altitude regions.

Lowland rainforests, including freshwater swamp, peat and hill dipterocarp forests, remain the most extensive habitat for over 200 birds and are crucial to Storm's Stork and Green Imperial Pigeon.



Look hard to spot different bird species

COMMONLY SIGHTED BIRDS

Montane Forest

Orange-bellied Leafbird
Grey-chinned Minivet
Silver-breasted Broadbill
Long-tailed Broadbill
White-browed Shrike-babbler
Silver-eared Mesia
Mountain Tailor Bird
Black-browed Barbet
Scarlet Sunburn
Black-and-Crimson Oriole
Green Magpie
Niltava

Lowland Forest

Black and Yellow Broadbill
Common Goldenbacked Woodpecker
Banded Woodpecker
Blue-winged Pitta
Banded Pitta
Green Broadbill
Yellow-bellied Prinia
Long-tailed Tailorbird
Blue-throated Flycatcher
Blue-crowned Hanging Parrot
Jambu Fruit Dove
Scarlet-rumped Trogon
Sunbird

Coastal Habitats

Grey Heron
Purple Heron
Little Heron
Black-crowned Night-Heron
Yellow Bittern
Great Egret
Little Egret
Water Cock
Common Kingfisher
Black-capped Kingfisher
Brahminy Kite
White-bellied Sea Eagle



Jambu Fruit Dove

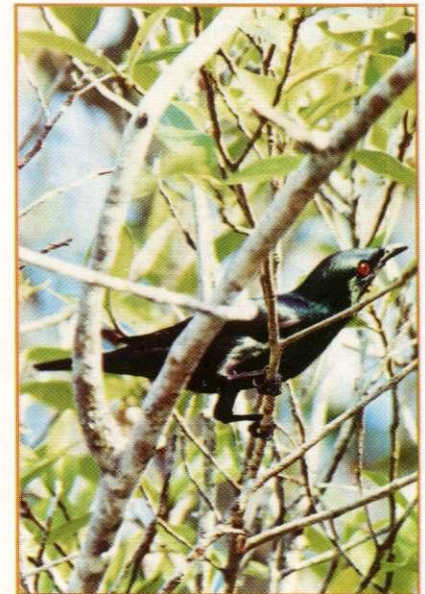
Other birds such as the Common Kingfisher depend on the mangrove forest ecosystems where salt and freshwater environs meet on the coastline fringe. While each habitat provides an excellent birding experience, try to visit several sites in different ecological zones to enjoy the variation in birdlife.

EASY ACCESS SITES

For the first-time bird watcher or the avid amateur, there are three excellent bird watching sites within a few hours drive from Kuala Lumpur. These sites are easily accessible by bus or car and are equipped with a variety of accommodation for those who wish to spend time away from the city.

Fraser's Hill and Cameron Highlands both offer lush green surroundings with panoramic views and walkable hiking trails where bird life abound. For a pleasant day trip, check out the Kuala Selangor Nature Park, a mangrove swamp along the west coast that supports 130 bird species and some seasonal migrants including the rare Spoonbilled Sandpiper.

In addition, those with more time may also want to travel further inland into Malaysia's premier national park, Taman Negara where dense lowland forests are home to over 200 bird species.



Glossy Starling

SEASONS

The tropical climate of Malaysia allows bird watching to be a year-round activity. Of course, visitors will have to keep the rainy season in mind when planning excursions and take along rain gear or a poncho. Rain usually falls heaviest from September to December in the west coast and from October to February in the east coast and in Sabah and Sarawak. Migratory birds use Malaysia's west coast flyway to travel to Sumatra and beyond with peak movements in April and October.

As with all wildlife, all possible care and respect is to be given to the birds and their habitats. It is illegal to harass, disturb, shoot or capture any bird in a gazetted bird sanctuary and trafficking in protected species is prohibited under the Protection of Wild Life Act 1972 in Peninsular Malaysia, with separate acts enforced in Sabah and Sarawak.

Permits from the Forestry Department of the various states may be needed at some bird sanctuaries. Bird watchers are advised to check with their guides or tour agent.

*Collared
Scops Owl*



Black Capped King Fisher

PRACTICAL BIRD WATCHING TIPS

- A pair of binoculars helps to locate and identify distant and high flying birds.
- Field guidebooks are useful references to identify different species by their plumage, colour and habit preferences. Bring a notebook to jot down your findings and observations.
- Wear drab coloured clothing to blend in with the surroundings. Long sleeved cotton shirts, long pants and leech socks help protect you from insects and leeches.
- Field boots will keep feet dry and provide traction on slippery terrain.
- Most birds are active in the morning and late afternoon when the temperature is cooler. Consult your guide book as to when are the best times to spot a particular species.
- Many birds have regular feeding habits and patterns. A good place to watch for shorebirds is at mudflats during low tide.
- Some parks have covered hides, both elevated or at ground level. These assist bird watchers and photographers alike.
- When photographing birds, use long – range lenses and flash equipment as there may not be sufficient natural light.



Niltava

SUGGESTED BIRD WATCHING GUIDES

A Birdwatcher's Guide to Malaysia
- John Bransbury, Waymark Publishing,
Australia, 1993

A Photographic Guide to Birds of Borneo,
- G.H. Davison and Chew Yen Fook.
New Holland (Publishers) Ltd., 1996

A Photographic Guide to Birds of
Peninsular Malaysia,
- G.H. Davison and Chew Yen Fook.
New Holland (Publishers) Ltd., 1996

Pocket Guide to the Birds of Borneo,
- C.M. Francis
Sabah Society and WWF Malaysia,
Kota Kinabalu and Kuala Lumpur, 1984

Birds - A Photographic Guide to the Birds of
Peninsular Malaysia and Singapore,
- Morten Strange and Allen Jayarajasingam.
Suntree Publishing (Singapore) Pte. Ltd., 1993



Baya Weaver



Little Egret

CONTACTS

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Fax : 03-905 2873
e-mail : fuad@wildlife.gov.my

Kuala Selangor Nature Park

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45000 Kuala Selangor
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Fax : 03-889 4311
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Fax : 088-221 002 / 211 652

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Fajar Centre, P.O. Box 61174
91120 Lahad Datu, Sabah
Malaysia
Tel : 6-089-880 207/6
Fax : 6-089-885 051
e-mail : ijl@po.jaring.my

National Parks Booking Office Miri

Sarawak Visitor Information Centre
452 Jalan Melayu 98000 Miri
Tel : 085-434 180
Fax : 085-434 179
e-mail : stb@po.jaring.my

Kuching

Sarawak Visitor Information Centre
Jalan Masjid 93400 Kuching
Tel : 082-248 088
Fax : 082-256 301

Bintulu

Sarawak Forestry Department
Regional Forest Office
97000 Bintulu
Tel : 086-391 284
Fax : 086-391 251

Cave Exploring

INTRODUCTION

Malaysian caves are filled with mystery and some of nature's most beautiful sculptures. Most of the caves in the country date back to the Stone Age while some caves in Sarawak are over 60 million years old.

Although major expeditions have been carried out by the Royal Geographical Society in London and the British Caving Research Association, many caves are still not fully explored and remain an alluring, enticing adventure for the nature tourist. Repeat visitors marvel at how a cave can change

within months as the naturally humid Malaysian weather promotes faster stalagmite and stalactite formations.

CAVES OF MALAYSIA

The majority of caves are limestone and are above ground level. These include Gua Kelam in Perlis, Gua Tempurung and Kundu in Perak, Batu Caves in Selangor and scattered caves around Lake Kenyir in Terengganu and Gua Ikan in Kuala Krai, Kelantan. Famous caves in Sarawak include the Painted Cave in Niah and Fairy Cave in Bau. The Gomantong Cave is the most well known cave in Sabah.



The Mulu Caves of Sarawak are a geological wonder



CAVES TO EXPLORE

Gua Kelam	Perlis
Gua Tempurung	Kampar, Perak
Kundu Cave	Gopeng, Perak
Gua Harimau	Perak
Batu Caves	Selangor
Gua Ikan	Kuala Krai, Kelantan
Taat Cave, Bewah Cave	Tasik Kenyir, Terengganu
Daun Menari, Luas Cave, Gua Telinga	Taman Negara, Pahang
Gomantong Cave	Sandakan, Sabah
Fairy Cave, Wind Cave, Jambusan Cave	Bau, North Kuching, Sarawak
Great Cave, Painted Cave	Niah National Park, Miri, Sarawak
Sarawak Chamber, Deer Cave, Green Cave,	
Clear Water Cave, Moon Cave, Turtle Cave	Mulu National Park, Sarawak

Underwater or river caves in the Kinta Valley make up less than ten per cent of local caves and are to be avoided during the rainy season. There are also dolomite and sandstone caves scattered around the country.

Malaysian caves can be divided into two categories: adventure and show caves. Adventure caves which include Drunken Forest Cave and Legan's Cave are caves which remain close to their natural state. Show caves such as Deer, Lang and Clear Water Caves in Mulu National Park, Sarawak, are those which have been opened up for public viewing with guides, lights and walkways as well as

clearly marked paths and explanatory notes. Show caves are cleaner and easier to access than the more challenging adventure caves.

CAVE ATTRACTIONS

Malaysian caves are home to many exotic living creatures. The most notable are the blind catfish of Logan's Cave and the Trapdoor Spider of Batu Caves, another attraction.

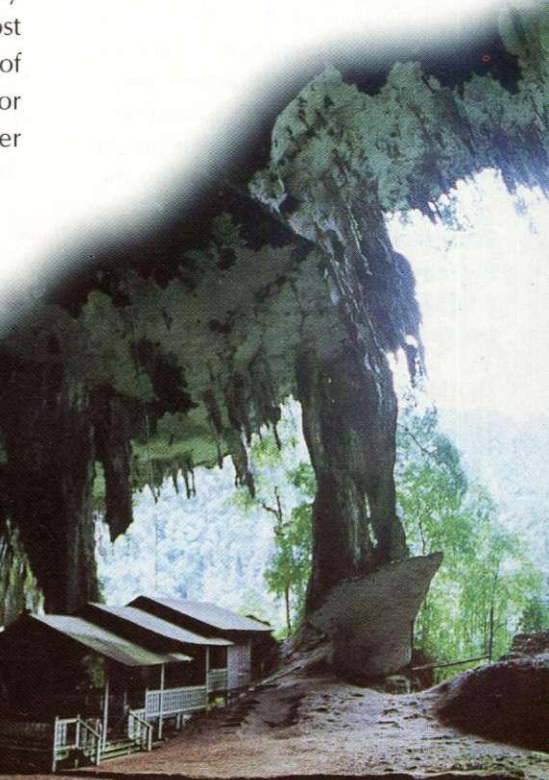
The skeleton of a big cat fossilised in the roof of Gua Harimau in

Kinta Valley makes an intriguing sight. Perak is also famous for its cave temples. The most well known are Perak Tong and Sam Poh Tong which contain many Buddha statues and religious cave murals.

The Hindu cave temple in Batu Caves have shrines to the Hindu deities and is the site for the colourful religious festival of Thaipusam.

The Gomantong Cave in Sandakan, Sabah houses thousands of swifts which nest in the two large caverns, producing birds' nests, an exotic Chinese delicacy.

A caving group preparing to explore the awe-inspiring Niah Caves





Stalactite formations

A cave silhouette with a resemblance to the profile of Abraham Lincoln



The Niah Caves in Sarawak have walls which portray unique prehistoric paintings which point to the existence of early Man. Its chambers have hundreds of fascinating formations. The Mulu Caves in Sarawak is one of the longest networks of caves in the world. Although 195 kilometres of cave passages have already been surveyed, this represents just 30% of the estimated total. An estimated four million bats live in this system of caves.

GOING CAVING

There are seasoned cavers who will be willing to act as guides. They may be contacted through the Malaysian Nature Society and through various nature adventure operators.

Tour operators will arrange packages on request. Most caving expeditions are day trips though a

visitor can choose to stay overnight. No overnight camping is allowed in most caves but budget hotels are available around most of the cave districts.

Caving is normally done in the dry season which runs from March to October. Permits may be required when exploring some of the caves. These are available from the respective state forestry departments and cost from RM10 to RM40.

WHAT TO WEAR AND BRING

For the recreational caver, all that is needed to explore adventure caves is a reliable guide, safety helmet for protection and a powerful torchlight.

More experienced cavers may want to bring their carbide lamps as well as harnesses, ascending and descending equipment and carabanners if they plan to abseil.

Tropical caves are not as damp as those in Europe and the Americas, but they are chilly at times especially during storms and heavy rain. A light jacket is also recommended.

PRACTICAL CAVING TIPS

- Always go with a guide who can be hired from the National Parks or from caving clubs. Many of Malaysia's caves are unmapped and not even an experienced caver should go exploring alone. Groups of four are optimum.
- Although some operators offer cave diving, it is a highly specialized sport and should only be undertaken by professional divers and cavers.
- Always check equipment before venturing into a cave especially when abseiling.
- Experienced cavers recommend a maximum of eight hours in a cave at a stretch but most caves take less than three hours to explore.
- Plan how much lighting you will need. One kilogram of carbide will give enough illumination for approximately six to eight hours
- Cavers should always carry back-up torches and extra batteries.
- Heart patients and those suffering from claustrophobia should limit themselves to show caves where guides take in groups of 20 to 40 people.
- Cavers should be free from allergies related to limestone and bat guano.



*Beautiful sights in
Gua Tempurung, Perak*

As with all nature adventures, preservation and conservation of stalagmites, stalactites and all cave dwelling creatures are of utmost importance. In caves with known inhabitants, avoid flash photography as the light frightens the cave dwelling life forms.

CONTACTS

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e-mail : selangorcaver@yahoo.com

Sabah Parks

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PO Box 10626
88806 Kota Kinabalu, Sabah
Tel : 088-211 881
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Fax : 085-434 179
e-mail : stb@po.jaring.my

Kuching

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Tel : 082-248 088
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Bintulu

Sarawak Forestry Department
Regional Forest Office
97000 Bintulu
Tel : 086-391 284
Fax : 086-391 251

State Economic Planning Unit Perak State Secretariat's Office

30000 Ipoh, Perak.
Tel : 05-253 2800

White Water Rafting

INTRODUCTION

Rivers have long been the life blood of the indigenous people of Malaysia. They have served as a means of transport, a source of food and now, a resource for eco-tourism.

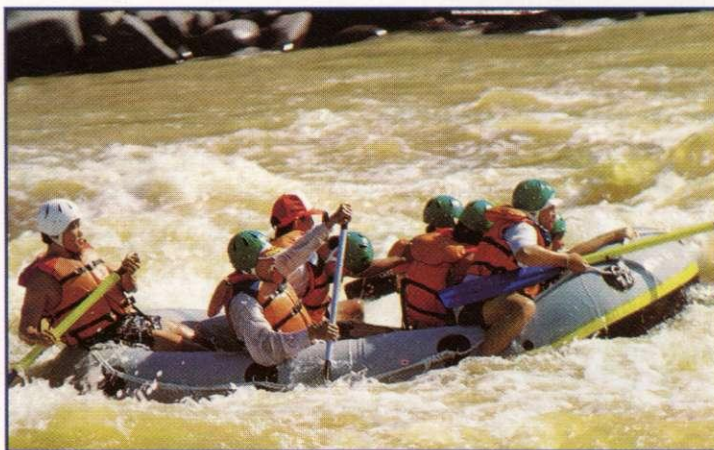
The native groups of Sabah have been using rafts for centuries but white water rafting has only been a recreational activity since the 1980s.

The two main rivers for rafting in Sabah are the Padas and Kiulu rivers which are certified as Grade 3 and Grade 2 respectively in the

international white water rafting grading system.

Under normal weather conditions the two rivers are relatively

constant in depth and speed. However, heavy rains can cause them to swell into Grade 4 rivers. During this time rafting activities may be called off temporarily.



White water living up to its name



SITES**STATES**

Sungai Sungkai	Perak
Sungai Selangor	Kuala Kubu Bharu, Selangor
Sungai Endau	Johor
Jeram Besu	Pahang
Sungai Lipis	Pahang
Sungai Telom	Pahang
Sungai Tembeling	Taman Negara, Pahang
Sungai Padas	Sabah
Sungai Kiulu	Sabah



Journey through the Padas Gorge

Peninsular Malaysia has its share of good rafting spots. These include the Grade 2 Sungai Sungkai in Perak and the Grade 3 Selangor River in Kuala Kubu Bharu, which has its source in Fraser's Hill. The Endau River, Jeram Besu and Lipis River in Pahang and the Tembeling River in Taman Negara are also popular rafting sites.

GETTING THERE

Malaysia Airlines operates regular flights to Sabah and Sarawak from Kuala Lumpur. Once in Kota Kinabalu, Sabah; rafting operators will arrange transport from the city to Padas Gorge through which the Padas River flows. The starting point for excursions to Padas is at Pangi Railway Station where an antique train will take you on a scenic journey through the Padas Gorge.

After the train ride comes the thrill of riding rapids with names like the Headhunter, Adrenaline Flow, and Merry-Go-Round.

The Padas excursion is a day trip. However those wishing to stay longer can put up at the Padas River Lodge located at Rayoh. Successful rafters will be presented with a certificate of accomplishment upon completion of their adventure.

Rafting sites in Peninsular Malaysia are easily accessible by car or bus. The Selangor River is reached via Kuala Kubu Bharu. It is a one-hour car ride, about 90km from Kuala Lumpur. Visitors



Teamwork builds team spirit



*A splashing
good time*

can also board a Fraser's Hill bound bus and to be stopped three kilometres from Kuala Kubu town where rafting operators have their headquarters.

Some operators also provide pick-up services from Kuala Lumpur International Airport, the railway station and hotels. A rafting trip on the Selangor River will take approximately half a day. There are two runs a day at 10am and 2pm respectively, with lunch provided. Changing rooms, toilets, showers and camp sites are available. The operators also offer kayaking courses and a white water rescue module.

The Telom River in Cameron Highlands and the Tembeling River, located in Taman Negara, Pahang are approximately four hours from Kuala Lumpur. It is yet another popular spot for recreational rafters. More time is



*The journey to the raft site
includes carrying your raft*

needed to raft the Grade 5 Telom River in Pahang as it is a more challenging site.

HOW TO GET STARTED

A minimum of three persons is needed to stabilize a raft and each group is always accompanied by two professional, certified rafters. The best time to raft is after the rains when the water level rises and there are some good rapids.

The rafting expeditions usually take between 45 minutes to two hours depending on the water level. Paddles, life jackets, safety helmets, waterproof bags, life-lines, first aid kits and rescue bags are all provided. The rafter only needs comfortable clothing which does not hinder movement.

SEASONS

The dry season is a good time for rafting novices to get acquainted with the sport without having to fight the currents.

Smaller rafts are used in the dry season. Only the Padas River in Sabah is recommended during the dry months as the water level is too low for rafting on the Kiulu River.

East Malaysia usually records high amounts of rainfall during the wet season and for more skilled rafters, this is a good time to ride the rapids as the rivers swell and the current becomes more powerful.

PRACTICAL RAFTING TIPS

All rafters will be given a safety briefing before the ride and will be shown basic backward and forward paddling techniques. Always check that the helmets and life jackets provided fit you well and are not too tight or too loose.

Your life jacket will buoy you in the eventuality of the raft overturning. If you've over-turned close to the river bank, don't use your raft paddle, as you may hit someone else. Do not attempt to use the paddle as a lever against rocks as you risk getting hit by it.

The following are some points to remember:

- Bring a change of clothes. A warm-up jacket is also a good idea.
- Wear well-fitting shoes or diving booties.
- Jewellery which cannot be secured firmly should not be worn while rafting.
- Those wearing glasses are reminded to use an elastic sports holder to anchor their spectacles.
- Contact lens users are advised to wear spectacles instead, in order to cut down the risk of their lenses getting contaminated by river water.

CONTACTS

Diethelm Borneo Expeditions Sdn. Bhd.
303, 3rd Floor, EON CMG Life Building
88000 Kota Kinabalu, Sabah
Tel : 6088-266 353/ 263 353/ 222 721
Fax : 6088-260 353
e-mail : dbex@tm.net.my

Tracks Outdoor

No. 38 A, Jalan Jaafar Muda
44000 Kuala Kubu Bharu
Selangor
Tel : 03-452 7194
Fax : 03-804 4228
URL : www.webserve.com.my/track
e-mail : tracks@mol.net.my

Rimba Trek Sdn. Bhd.

215, Block 14
Jalan 18/3 Section 18
40000 Shah Alam
Tel/Fax : 03-541 4311
e-mail : nazizi@pc.jaring.my

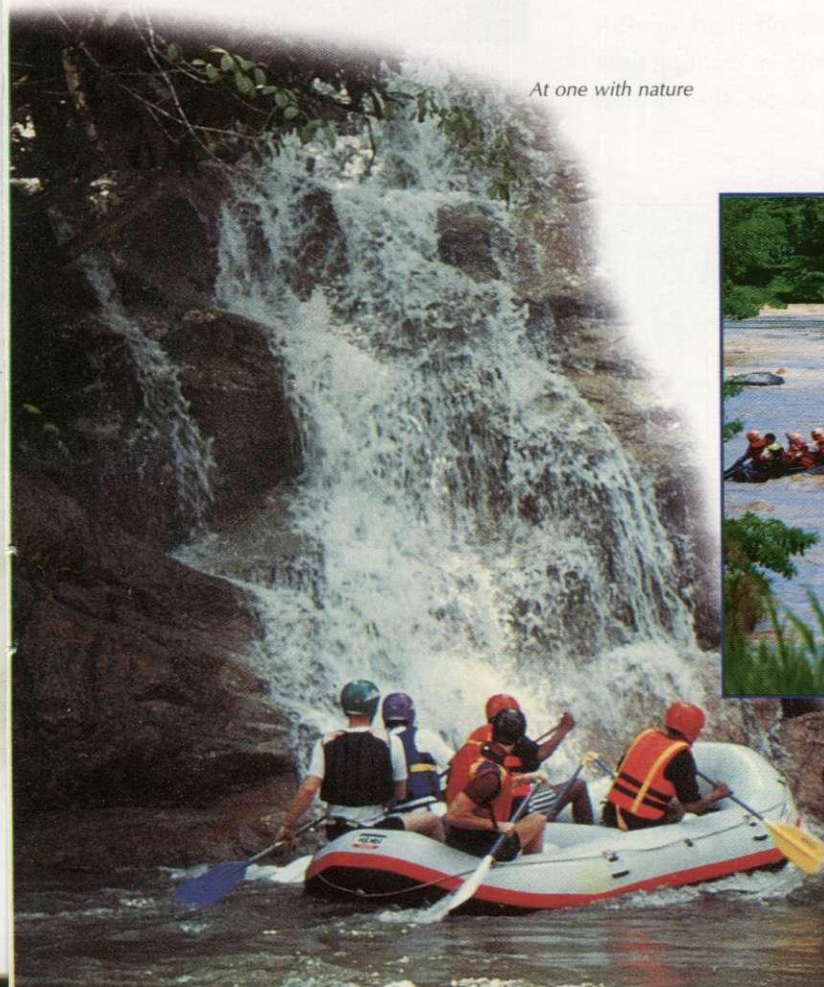
Asian Overland Services

39C & 40C
Jalan Mamanda 9
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68000 Ampang, Selangor
Tel : 03-452 9100
Fax : 03-452 9800
e-mail : aos@aostt.po.my

At one with nature



A rafting expedition setting out



Off Road Driving

INTRODUCTION

Malaysia's rugged terrain, dense rain forests and numerous mountainous regions make it an irresistible destination for off road driving enthusiasts. Mud, heat, sloping hills and rainstorms add to the challenge in the gruelling and exhilarating sport of off road driving.

With 58 per cent of the country still under jungle cover, Malaysia's terrain bring out the best of man and machine in a test of skill under ever changing conditions.

The three international off road events held in Malaysia annually

around October and November are the Trans Borneo International Rally, the National Challenge and the Rainforest International Challenge of Malaysia.

The casual visitor may not be cut out for the rigours of world class international events like the year-end Camel Trophy or the Rainforest Challenge, two of the world of 4X4 driving's most competitive events. However, there is nothing to stop an interested novice from learning the rudiments of off road or 4X4 driving and having an exciting time exploring places off the beaten track.



Making tracks through muddy river beds





A convoy crossing a river

WHERE TO DRIVE AND WHEN

The East Coast offers the best terrain in Peninsular Malaysia for off road driving. Gua Musang in Kelantan and Tasik Kenyir in Terengganu, Endau Rompin in Johor, Tasik Chini and Cameron Highlands in Pahang are the routes most often used for the sport. The area around the Kinabalu National Park in Sabah and Bintulu in Sarawak are places for off road enthusiasts in East Malaysia.

There are also some good places to drive closer to Kuala Lumpur and the Peninsular. The most notable are Pertak in Kuala Kubu Baru, Selangor which is about two hours drive from Kuala Lumpur. The route is especially scenic with fruit plantations and fresh produce stalls fringing the approach road.

Pahang and Terengganu still remain the favourite off road driving destinations. The Sungai



Grand flag off for a 4x4 event

Lembing mines in Pahang are a safe though challenging route and anglers may like to pack their rods for some fishing as well. The Endau Rompin area in Johor is a more trying route and a group expedition is strongly recommended since a lone vehicle may encounter difficulties.

Kenyir Lake, Kuala Berang, Sungai Loh and Sungai Kelamin in Terengganu are also great spots for off road adventures. The proximity of these places to small towns make it easy to get provisions or fuel.

Because of the rugged terrain and the jolts and bumps sustained during a drive, participants need to be of a sound body and constitution.

SEASONS

Off road driving is a year round activity, but depending on the level of expertise of the driver, some months are better than others. The dry season from March to October make for firmer terrain and less mud. Visibility is also much better without the slashing November - February monsoon rains and so the dry months are recommended for the casual driver.

EXPERIENCING OFF ROAD DRIVING

A number of companies offer safe, true to life off road driving packages. These are designed to suit an individual visitor's time constraints.

Enthusiasts can choose between day trips and a two night short haul to Cameron Highlands. A six days long haul trip flies a prospective adventurer from Kuala Lumpur to Kuala Terengganu where a 4X4 whisks them off to a campsite in the beautiful Kenyir Lake before heading to a beach resort and returning to Kuala Lumpur.

Food, drivers and campbeds, where needed, will be provided by the operators. Although visitors

can rent 4X4s by themselves, they are advised not to venture into the wilds without a guide and a few other driving partners as the terrain is difficult to negotiate without the help of a seasoned driver. Monsoons, landslide and rain may also change the tracks and make them impassable or inaccessible. Some operators also offer off road training courses of a one or two day duration with a certificate upon completion.

PARTICIPATING IN OFF ROAD COMPETITIONS

There are two major off road driving competitions held annually in the country. The National Challenge is held in July and the top ten teams are eligible to take part in the November Rainforest 4X4 International Challenge of Malaysia which pits the 50 teams against the full force of nature's tropical rainstorms.



Ravine crossing

Teams will need to take charge of the transport and freight expenses of their vehicles and fuel. Although teams can hire 4X4s, these are limited and arrangements need to be made two months in advance. In soft or open topped vehicles, it is mandatory for competitors to wear certified crash helmets. Alcohol and drug abuse is banned and will result in immediate disqualification.

The Rainforest Challenge covers 2,500 km through seven states in Peninsular Malaysia with varying competition stages. The major emphasis first and foremost is on safety, 4 wheel driving and recovery skills. Awards given include Team Individual Spirit awards for exceptional motivation, leadership skills and the ability to act on ideas to assist others; Jungleman award for outstanding teamwork, survival, mechanical and outdoor skills and the Environment award for demonstrating the most care and attention to the preservation of the environment.

The event itself takes eight days but most contestants take three days prior and after the event for repairs, adjustments and a holiday in beautiful Malaysia whether by the sea, or in the city or wilderness.



The spirit of adventure and togetherness

PRACTICAL OFF ROAD DRIVING TIPS

- Wear light but absorbent natural fibre clothing.
- Nights in the rainforests may get cooler than expected so bring along a water-proof jacket to keep you warm as well as protected from the rain.
- Sturdy shoes are a must especially in competition events. Bring a pair of thongs or sneakers to let your feet breathe and relax when you make camp.
- Socks are a must to keep your feet dry and unchaffed.
- A pair of heavy duty gloves are also advisable
- Bring a sleeping bag and a camping tent for overnight shelter.
- Always check vehicles before starting out on a drive. Pay special attention to tyres which can develop punctures from the rough terrain.
- Carry a first aid kit with elastic bandages, surgical dressing, antiseptic, burn cream, eye drops, scissors and tweezers.

ENVIRONMENTALLY RESPONSIBLE

The casual driver as well as the contestant must always bear in mind that off road driving seeks to unite man and nature. It is never a test of wills of one against another. Internationally accepted practices are to be abided by when travelling and camping.

Always remember to take your garbage with you. No burying of trash is allowed. Carry out bodily

functions at least 100 metres away from the campsites and well away from water. Keep to marked trails and do not drive over vegetated sand dunes while on beaches.

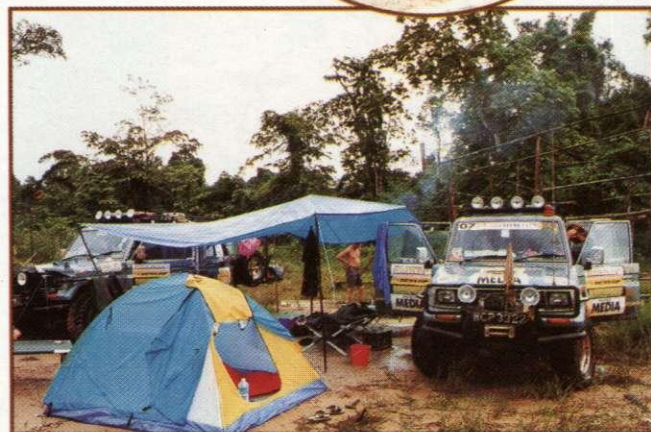
Never run over or flatten any living undergrowth or saplings if your vehicle can safely go around it. Attempt also to move fallen obstructions blocking your track rather than trying to drive over them.

CONTACTS

4x4 Adventure Club Kuala Lumpur
177A Jalan Genting Klang
Setapak
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Motorsports Adventure Sdn Bhd
12th Floor (Old Wing)
Wisma Genting
Jalan Sultan Ismail
50250 Kuala Lumpur
Tel : 03-466 2665
Fax : 03-469 2680
e-mail : jaweemonkey@pc.jaring.my

Typical 4x4 campsites



*A 4x4
primed for
adventure*



Angling

INTRODUCTION

Malaysia's many lakes and ponds and its surrounding seas make the country an angler's paradise. Whether your preference is for fresh water angling or sport fishing, Malaysia has vast opportunities for the angler.

The country's rivers are home to over 300 species of fish, with the *kelah* or Malaysian Mahseer and *jelawat* being the best known fresh water species. Another popular fish is the snakehead or *toman* which needs a line of a maximum of 40

kg and a minimum of 10 kg. Its favourite bait is live frogs which can be purchased at most tackle shops. Snakeheads bite early in the morning and spawn in the rainy season between November and February.

Nearly all the rivers in Malaysia will yield some kind of catch but for better sport, most anglers prefer to go to the rivers in the National Parks for more exciting fishing opportunities and a wider variety of species.

FRESHWATER ANGLING SPOTS

Kedah	Tasik Pedu
Perak	Tasik Temenggor, Batang Padang
Selangor	Templer's Park
Johor	Semborang Reservoir
Kelantan	Gua Musang, Sungai Lebir
Terengganu	Tasik Kenyir
Pahang	Tasik Chini, Tasik Bera, Taman Negara
Sabah	Sungai Kulumpang
Sarawak	Muara Sungai Siol



PLACES TO FISH

Recreational anglers need only drive for approximately an hour and a half from Kuala Lumpur to reach some good fishing spots. Templer's Park, half an hour's drive from the city is a favourite place for many local weekend anglers. There are also a number of pay to fish ponds such as in Kuala Langat, Kuala Selangor and Serdang in Selangor.

Pulau Ketam off Klang is the nearest sea fishing spot to Kuala Lumpur. Anglers can rent boats by either the hour or the day. Estuary or river mouth fishing in Lukut and Port Dickson in Negeri Sembilan will bring in barramundi, mangrove jacks and sand whittings. Another species of the snakehead known as *bujuk* is found in swamps.

COMMONLY LANDED FRESHWATER FISHES

(LOCAL NAME)

Snakeskin Gouramy
Grey Featherback
Golden Arowana
Giant Gouramy
Archerfish
Grass Carp
Marble Goby
Walking Catfish
Eel
Striped Catfish
Striped Snakehead
Javanese Carp
Malaysian Mahseer

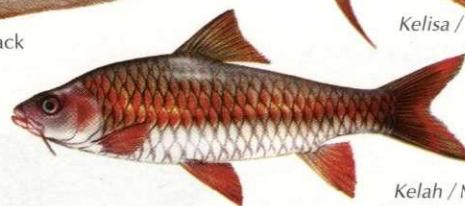
Sepat Siam
Belida
Kelisa
Kalo
Sumpit-sumpit
Kap rumput
Ketutu
Keli bunga
Belut
Patin
Aruan
Lampan Jawa
Kelah



Belida / Grey Featherback



Kelisa / Golden Arowana



Kelah / Malaysian Mahseer



Aruan / Striped Snakehead

Happy angler with his catch

The Semporang Reservoir in Johor is a little known spot where local anglers have been able to land large *pandang*, catfish and *kaloi*.

Sungai Kenyam in Taman Negara and Tasik Kenyir in Terengganu are especially noted for *kelah* during February and July. Enthusiasts say that the best bait for this fish is indigeneous fruit like oil palm seeds and lures.

When angling in the national parks, most anglers camp overnight so they can fish early in the morning. Camping grounds are available at all National Parks. Anglers will need to bring their own tents and sleeping bags.

FISHING WITH A DIFFERENCE

A novel way of fishing which is peculiar to local East Coast fishermen in Marang, Terengganu between March and September is



A whopping catch

Candat (sotong or squid) fishing where squid is caught with the help of flickering lights and multiple lines with hooks. Prior arrangements need to be made with the fishermen before they set out on these night excursions. Most established resorts will be able to arrange a trip for you given a lead time of two days. There is also an annual Candat competition in Terengganu.

Prawning is also an activity worth venturing into, especially at Sungai Dulang in Perak in June and October to November when the prawns breed.

DEEP SEA FISHING SPOTS

Kedah	Pulau Cincin Pulau Tuba Pulau Langkawi
Perak	Pulau Pangkor
Selangor	Pulau Ketam
Melaka	Pulau Besar
Johor	Pulau Tinggi Pulau Aur Pulau Pemanggil Pulau Sibul Pulau Besar
Terengganu	Pulau Perhentian Pulau Redang Pulau Tenggol Pulau Kapas
Pahang	Pulau Tioman
Sabah	Pulau Layang-Layang
Sarawak	Tanjung Datu



Hauling it in



Kerapu / Six-banded Grouper



Merah /
Malabar Red Snapper



Semilang / Gray Catfish Eel



Ikan Sabelah /
Malayan Flounder



The thrill of deep-sea angling

DEEP SEA FISHING

If you prefer more challenge, deep sea or sport fishing is an exhilarating way to pit yourself against some of the fastest of nature's fishes. The coastal waters of Kedah, Johor, Terengganu, Sabah and Sarawak teem with game fish such as sharp-toothed bass, silver jewfish, bonito, trevalli, sailfish and marlin. Black marlin, one of the world's fastest and most sought after game fish can be found off the coast of Sabah.

Anglers casting from the shore will be able to catch squid, prawns, groupers and rays.

Enthusiasts who wish to go out to sea are advised to seek professional boat charters or enquire at tackle shops and fishing villages for the rental of boats and a guide.

COMMONLY LANDED DEEP SEA FISHES

(LOCAL NAME)

Soldier Croaker
Malayan Flounder
Gray Catfish Eel
Large-scaled Tongue Sole
Giant Perch
Malabar Red Snapper
Six-banded Grouper
Long-tailed Butterfly Ray
Golden Snapper
Rabbitfish

Gelama Papan
Ikan Sabelah
Semilang
Lidah
Siakap
Merah
Kerapu
Pari Kelawar
Jenahak
Dengkis

Prices depend on how far out to sea a vessel is to go, the duration of a trip as well as the size of the vessel. If there is more time available, an angler should consider the most distant islands off Mersing, namely Pulau Pemanggil and Pulau Aur for the variety of sailfish, trevalli and rays.

A slightly different style of deep sea fishing is practised in Malaysia where multiple lines and a variety of baits are used instead of the conventional one rod line.

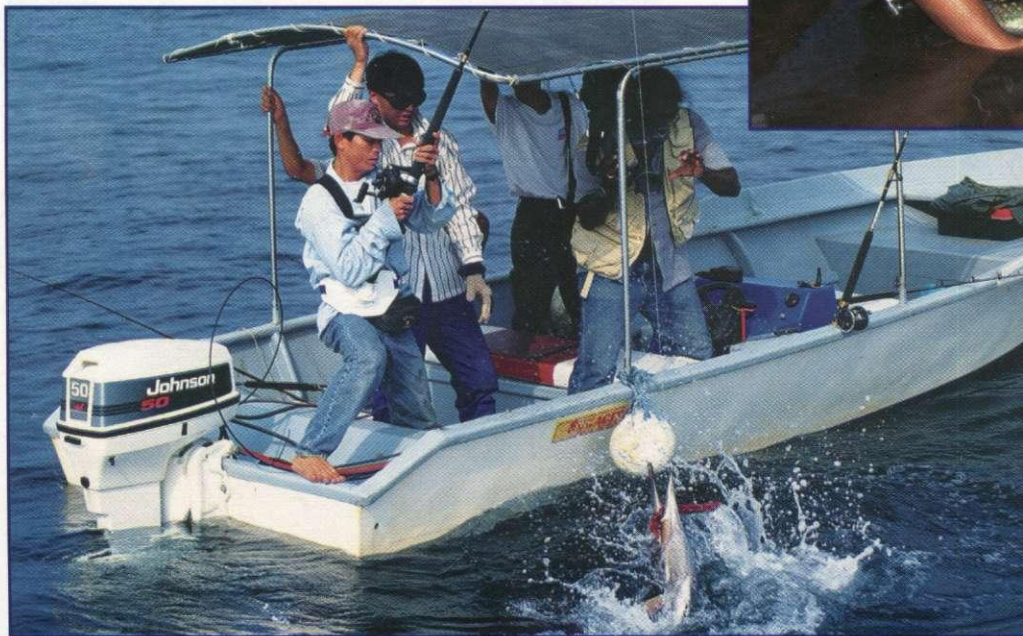
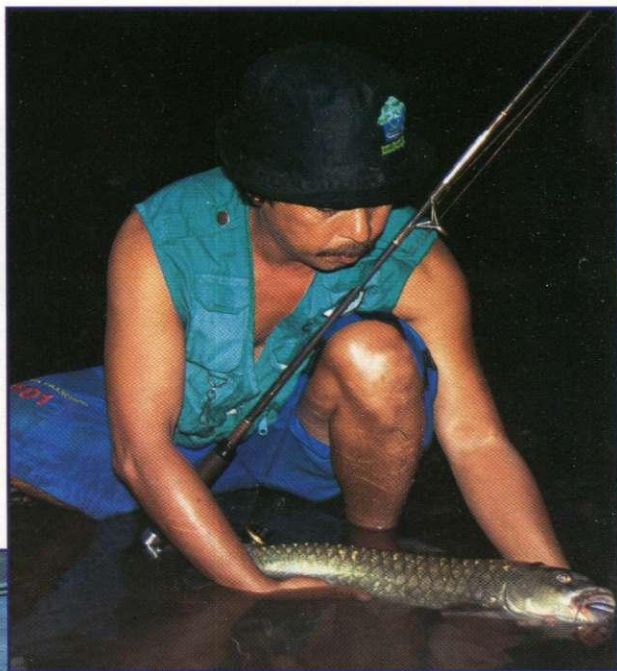
CONTACTS

Malaysian Angling Association
No. 99, Jalan SS15/4C
Subang Jaya
47500 Petaling Jaya
Tel : 03-738 8864
Fax : 03-733 8213

ANGLING TIPS

- Wear natural fibre clothing and a hat to keep cool.
- If there appears to be activity around a mining pool, ask permission before baiting your hook. A license is needed for fishing at all national parks.
- Netting is not allowed at dams and the use of poison, either natural or synthetic, explosives and electric currents are strictly prohibited at all sites.
- Anglers are encouraged to practise catch and release.

A closer look at the catch of the day



Fishing is a test of patience and endurance

Scuba Diving

INTRODUCTION

Located in the heart of the Indo-Pacific Basin in the centre of the area famed for the greatest marine bio-diversity in the world, Malaysia's marine parks offer diving enthusiasts an unparalleled opportunity to enjoy some of the most beautiful marine sights in the world.

Since Malaysia hosted the inaugural Asian DEMA (Diving and Equipment Manufacturing Association) Show in 1996 and 1997, more professional and recreational divers are discovering

the enchantment of its waters. With sites catering to every level of expertise, Malaysia is a true divers paradise.

Accredited dive operators offer packages for every need and budget. Premium packages include pickup at the airport, transfer to the dive sites, food, accommodation and dives. Alternatively, one can opt for a dive only package by making arrangements with a dive shop or operator. The holiday diver stays for an average of 12 days which allows for a week's worth of diving.



Exploring the deep



WHERE TO DIVE

The east coast of Peninsular Malaysia and Sabah and Sarawak offer exciting and beautiful dive sites. The latter's proximity to the South China Sea and the Celebes Sea attracts a wider range of marine life and pelagic species among its world class reefs. Visibility is also better.

Pulau Payar which is one of the 99 islands in the Langkawi group is the first marine park to be established off the west coast of Peninsular Malaysia and is endowed with many endangered species which dwell in the park's sanctuary.

Local dive centres in Langkawi offer excursions to the Marine Park of the Segantang islands located halfway between Pulau Langkawi and Penang where marine fauna



An abundance of marine life is found in Malaysian waters

Clownfish

characteristic of the Indian Ocean can be viewed. Teluk Nipah and Coral Beach in Pangkor have vast coral reefs which attract some larger marine species.

The islands off the east coast of Johor teem with marine life. Pulau Tinggi in particular has a beautiful array of butterfly and angel fish and groupers which make it a photographer's paradise. Pulau Rawa and Pulau Tengah are famed for their white coral reefs.

The sea off Lanjut, 20km from Kuala Rompin in Johor offers two shipwreck sites, including that of a World War II Japanese frigate which can be found off Pulau Berhala.

DIVING DESTINATIONS

Kedah	Pulau Payar, Pulau Segantang, Pulau Langkawi, Pulau Kaca Pulau Lembu
Perak	Pulau Pangkor
Johor	Pulau Rawa, Pulau Besar, Pulau Hujung, Pulau Aur, Pulau Sibul, Pulau Tengah, Pulau Pemanggil, Pulau Tinggi, Pulau Berhala
Terengganu	Pulau Perhentian, Pulau Redang, Pulau Tenggol, Pulau Kapas
Pahang	Pulau Tioman
Sabah	Pulau Mabul, Pulau Tiga, Tunku Abdul Rahman Park, Pulau Layang-Layang
Labuan	Pulau Rusukan Kecil, Pulau Rusukan Besar, Pulau Kuraman Pulau Papan
Sarawak	Pulau Talang Besar, Pulau Talang Kecil

COMMONLY SIGHTED SPECIES

Pufferfish, rainbow runners
Moray eels, giant groupers, tuna
Clown Fish
Manta ray, whale sharks
Fusiliers, jacks, triggerfish, Coral trout
Nurse sharks, eagle rays, tuna
Lionfish
Hammerhead and leopard shark,
Bistred Hawkfish, parrotfish
Devil scorpionfish
Catfish, scorpionfish, stonefish
Sea turtle, barracuda

LOCATION

Pulau Payar, Kedah
Pulau Segantang, Kedah
Pulau Langkawi, Kedah
Pulau Redang, Terengganu
Pulau Perhentian, Terengganu
Pulau Tenggol, Terengganu
Pulau Tioman, Pahang
Layang Layang, Sabah
Pulau Sulug, Sabah
Pulau Tiga, Sabah
Pulau Sipadan, Sabah

** Species listed are commonly sighted at the given locations*

Terengganu's Pulau Redang is the largest of the cluster of islands in the Redang Marine Park and offers some of the world's most mature coral gardens. Located 50km off the coast of Kuala Terengganu, the trip takes about 2 hours by boat from Merang.

The Pulau Tioman archipelago off Pahang features some of the prettiest soft corals in the area. The Magicienne Rock is a submerged reef north of Tioman where giant manta rays have been sighted.

Beginners will find the islands of the east coast more accessible and easier to dive. The various coastal villages also provide relaxation after a day's diving.

DIVING IN SABAH AND SARAWAK

Kota Kinabalu, the capital of Sabah, where divers stop in transit to Layang Layang and Mabul is also the site of the Tunku Abdul Rahman Park. This marine sanctuary is 50 sq km in size and was gazetted in 1974. It is made up of the 5 islands of Gaya, Sapi, Manukan, Sulug and Mamutik.

Shallow waters, dazzling coral gardens and a variety of accommodation make this a popular site where rare antennarids and large tropical cuttlefish can be sighted. The best time to dive here is from March to October. Divers will have to go through a local diving centre.

Labuan, lying 8 km off mainland Sabah is a haven for wreck diving. The four wrecks within Labuan's waters, namely the Blue Water, Cement, American and Australian Wrecks are accessible to all but internal exploration is best left to expert divers. Trevallies, barracuda, batfish and groupers are the commonly sighted species.



School of Jacks



Backroll entry



Starfish



Trumpet Fish

are sheltered by the Bornean land mass. Water temperature here rarely falls below 27 degrees Celcius. Visibility seldom drops beyond 30 metres.

EQUIPMENT

Everything a diver needs can be hired at local dive stores or from dive operators. Divers are advised to give two weeks notice prior to their arrival to ensure the operators have the equipment ready.

In the warm tropical waters of Malaysia, a 3mm wet suit is enough protection as temperatures rarely dip below 23 degrees celcius. A lycra skin is just as adequate and takes up less space.

Hyperbaric or recompression chamber facilities are available in Malaysia. The Malaysian Navy operates two in Lumut and Labuan while Borneo Divers own a two man chamber in Sipadan.

CONDITIONS FOR DIVING

Divers will need to produce their certification cards and log books before they are allowed to join a diving expedition.

Malaysia accepts PADI, NAUI, SSI and BSAC certifications. Dive operators reserve the right to require a refresher course for any diver who cannot show proof of diving in the last 12 months.

All dives must be done with a buddy. No solo dives are allowed and most dives are limited to a maximum of 130 feet or 40 metres. Those wishing to night dive must show proof of night, cavern or wreck diving and must exit the water by 10pm.

Most operators reserve the right to decide on the fitness of an individual to dive. It is strongly suggested that a prospective diver respect and adhere to the views of these professionals. Diving insurance is also highly recommended.

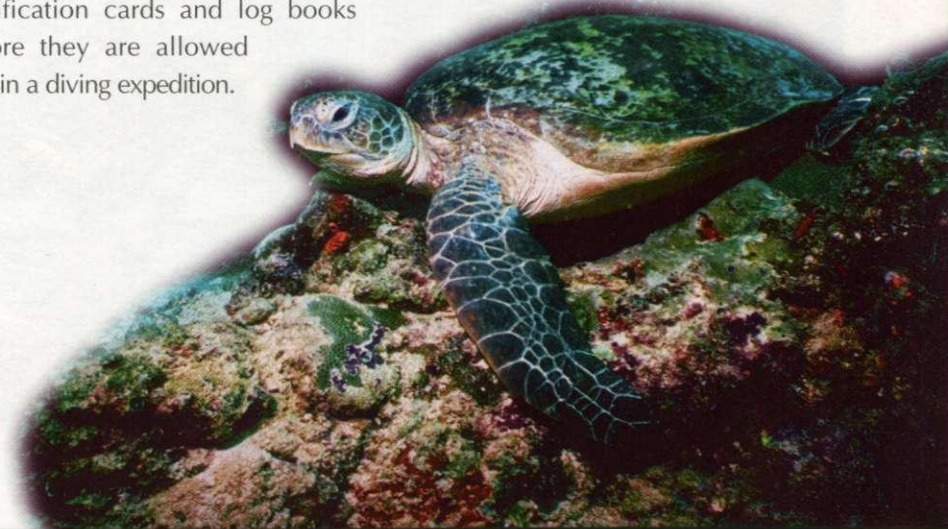
Divers will have to sign a liability waiver before their dives.

Layang Layang, an oceanic atoll situated 300km off the north-western coast of Sabah offers breath-taking coral gardens and open sea species such as Scalloped Hammerhead sharks which may be seen here between April and May. The island is also a bird sanctuary.

SEASONS

Heavy rains in December and March affect currents and visibility at certain sites. Terengganu's Pulau Redang and Pulau Perhentian as well as Pulau Tioman in Pahang are the sites most affected. The atoll of Layang Layang in Sabah is closed from November to March due to high waves and torrential rain. The Sabahan islands of Mabul and Tunku Abdul Rahman Park remain open all year round as they

Hawksbill Turtle



PRACTICAL TIPS

With the necessary precautions and respect for their partners and divemasters as well as the denizens of the deep, divers will enjoy accident free explorations.

Most operators are certified through internationally set standards and are self regulating through certified bodies. They will offer clean air stations, breakdown service facilities, oxygen and survival rescue kits along with their own rescue trained divemasters.

When diving always remember to:

- Check equipment before a dive
- Dive within the limits of your ability
- Enter the water with your partner and stay together
- Carry a power whistle and rescue tube to attract attention
- Carry a first aid kit to treat yourself before a medical professional can be consulted
- Consult your doctor should any injury become apparent

CONTACTS

Borneo Divers & Sea Sports (KL)

115M Jalan SS21/37
Damansara Utama
47400 Petaling Jaya, Selangor
Tel : 03-717 3066
Fax : 03-718 4303
e-mail : bdsksl@po.jaring.my

Borneo Divers & Sea Sports (Sabah)

9th Floor, Menara Jubli
Wisma Sabah, 53 Jalan Gaya
88000 Kota Kinabalu, Sabah
Tel : 088-222 226
Fax : 088-221 550
URL : <http://www.jaring.my/bdivers>
e-mail : bdivers@po.jaring.my

Pro Dive

23 Jalan Dang Wangi
50100 Kuala Lumpur
Tel : 03-292 9072
Fax : 03-292 2317

Pahang State Fisheries Office

2nd Floor Wisma Persekutuan
Jalan Gambut, 25000 Kuantan
Pahang
Tel : 09-555 3508
Fax : 09-552 3482

Johor State Fisheries Office

6th Floor Block A
Wisma Persekutuan
Jalan Air Molek
80628 Johor Bahru
Tel : 07-224 4079
Fax : 07-223 0779

Layang Layang Island Resort

T61 3rd Floor
Sungai Wang Plaza
Jalan Sultan Ismail
55100 Kuala Lumpur
Tel : 03-243 3166
Fax : 03-243 3177
URL : <http://www.diveguideint.com/layang>
e-mail : Layang@pop.jaring.my

Fisheries Department Malaysia

Marine Parks Branch
8th & 9th Floors, Wisma Tani
Jalan Sultan Salahuddin
50678 Kuala Lumpur
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Fax : 03-291 3199
e-mail : mpark@dof.moa.my

Giant seafans



*Mantis Shrimp
can be sighted in the
waters of Pulau Sipadan
and Pulau Mabul*

MALAYSIA TOURISM PROMOTION BOARD (TOURISM MALAYSIA) OFFICES

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E-mail : mtpb@users.unitel.co.kr

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[http : //www.visitmalaysia.com/malaysia](http://www.visitmalaysia.com/malaysia)

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TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY



